

CUSUB. CAAFIMAADQAB AH. MACAAN.

Sababo cajiib ah ee lagu cuno miro badan iyo qudaar:



Hel dhallaalkas caafimaadqabka ah!

Maqaarkaaga wuu ka faa'idaa markii aad cuntid qudaar badan.

Carruurtaada ayaa kugu daysanaya adiga!

Markii aad cuntid miro iyo qudaar, way cuni doonaan, sidoo kale.

Sare u qaad caafimaadkaaga oo da' walba ah!

Nafaqooyinka xoogan waxaa laga helaa cuntooyinka kaa caawiya xoojinta tamartaada iyo maareynta culeyskaaga. Xajiiin waxay kaa caawiyyaa dheefshiid wanaagsan.

Qoysaska waxay wadaagaan sida ay ugu daraan qudaar iyo miro badan:

"Waxaan ku sameeyaa mushakal subax walba looska si looga helo, miraha beeriga, iyo kaabash ama isbiinaaj. Waxaan ku daraa subaga loos yar oo boritiin dheeraad ah."

"Markii aan ka imaado suuqa beerta, waxaan dhaqaa miraha iyo qudaarta isla markaas aan cuni doono. Waxaa kale oo aan u jaraa qaar ka mid ah qudaarta in cunto fudud oo degdeg ah ka sameeyo inta lagu jiro isbuuca."



"Carruurteyda way jecelyihii wax walba solayga saaran, marka waxaan solnaa qudaarta iyo xittaa miraha, sida khookha."

KU SAABSAN WIC FMNP IYO MADAXA FMNP

WIC Farmers Market Nutrition Program (FMNP, Barnaamijka Nafaqada Beerah) waxay qeyb ka tahay Specialty Supplemental Nutrition Program (Barnaamijka Nafaqada Dheeraadka) ah ee loogu talagalay Women, Infants, and Children (WIC, Dumarka daqliga hooseeyo, dhallanka, iyo Carruurta). Barnaamijka WIC wuxuu bixiyaa cunto caafimaadqab ah, waxbarashada nafaqada, iyo gudbinada ee adeegyada caafimaadqab ah adeegyada kale ee bulshada.

Senior Farmers Market Nutrition Program (SFMNP, Barnaamijka Nafaqada Suuqa ee Beeraleysa Waayeeleka ah) waxay qeyb ka tahay DSHS Aging and Long-Term Support Administration (ALTSA, Maamulka Taageerada Gabowga iyo Muddada Dheer). Senior FMNP aaya sare ugu qaado nafaqada dadka weyn ee daqliga hooseeyo ee ka weyn da'da 60 cunto nafaqo leh ee goobaha kooxda iyo cuntooyinka guriga la gaarsiyo.

U.S. Department of Agriculture (Waaxda Mareykanka ee Beerah), Washington State Department of Health – Office of Nutrition Services, (Waaxda Caafimaadka Gobolka Washington – Xafiis Adeegyada Nafaqada), iyo Washington State Department of Social and Health Services (Waaxda Bulshada iyo Adeegyada Caafimaadka Gobolka Washington) – Aging and Long-Term Support Administration aaya kafaala qaaday WIC iyo SFMNP.

MACLUUMAADKA XIRIIRKA

WIC FMNP



WEBSAYDKA: www.doh.wa.gov>YouandYourFamily/WIC/FarmersMarket.aspx

TALEEFONKA: 1-800-841-1410

I-MEELKA: FMNPteam@doh.wa.gov

Ma qabtaa cabasho ku saabsan FMNP? Ku soo dir boostada, I-meelka, ama Fakiska iyada oo la isticmaalayo foomka Cabashada ee laga helo: <https://www.doh.wa.gov>YouandYourFamily/WIC/FarmersMarket>.

MADAXA FMNP



ALTSA Aging and Long-Term Support Administration

WEBSAYDKA: www.dshs.wa.gov/altsa/home-and-community-services/senior-farmers-market-nutrition-program

TALEEFONKA: 1-800-422-3263



DOH 961-275 June 2020
DHS 22-1064 June 2020
Somali

USDA waa bixiyaha fursad simman iyo badrooni.
Madaxa Gobolka Washington FMNP iyo WIC FMNP ma takooran.
Si aad dukumiintigaan ugu heshid qaab kale, wac 1-800-841-1410.
Haddii aad tahay macaamiil dhaggoal ah ama aad magal culus tahay,
fadlan wac 711 (Washington Relay) ama iimayl udir WIC@doh.wa.gov.



BARNAAMIJKA WIC IYO NAFAQADA SUUQA BEERALAYDA EE WAAYEELKA

**CUN WAX CUSUB!
KA IIBSO DEEGAANKA!
TAAGEER BEERALEYDA!**

ADIGA OO ISTICMAALAYO JEEGAGA SUUQA BEERALEYDAADA

- WIC iyoka qeybqaatayaasha ee SFMNP way isticmaali karaan jeegagooda lagu iibsanayo (kaliya) miro cusub, qudaar cusub, iyo dhalatada cusub.
- Adeegso kaliya Jeegaga Farmers Market ee suuqa beeraleeyda. Kaaraka WIC looma adeegsan karo suuqyada beeraleeyda ama dukaannada beeraha.
- Ka qeybqaatayaasha Senior FMNP kaliya waxay sidoo kale u isticmaali karaan jeegagooda inay ku iibsadaan malab.
- Ma jiraan wax baaqi ama qadaadiic ah oo lagula siinayaa jeegagaada.
- Ku soo wargeli jeegaga lumay ama la xaday hay'ada ku siisaaj jeegaga. Jeegagaan lama badelayo.
- Waa inaad isticmaashaa jeegagaaga inta u dhaxeyso Juun 1 iyo Oktoobar 31.
- U isticmaal jeegagaaga kaliya beerayaasha leh aastaantaan:



Isku day wax
cusub ee suuqa
beeraleyda!

Weydii
beeraleyga
muuno
iyo
cuntada.

TALLOOYINKA LOOGU DARAYO QUDAARTA IYO MIRAH CUNTOOYINKA IYO CUNTADA FUDUD

- ✓ Fududeey in la gaaro qudaarta. Ku sii hay gacanta qudaarta ceyriinka ah ee jarjaran, sida karootada, garrujaha, digirta ceyriinka ah, ama kabaaj-dhalacadde.
- ✓ Waqtiga cuntada saaro saxan qudaarta ceyriinka la jaray ama miraha miiska.
- ✓ Miraha beeriga iyo miraha khookha waxay ka dhigaan badarka iyo ciirta baashaal iyo macaan!
- ✓ Waqtiga qadada ku dar ansalaato cuntadaada!
- ✓ Keydso baaquli miraha. Ku dar miro cusub baaquli walba. Ku keydso miiskaaga!
- ✓ Sameyo Ansalaatadaada Gaarka ah Habeenki! Sii qudaarta jarjaran, digaaga la kariyay ama digirta, jiiska la jarjary, oo ku dar wax cusub, sida tufaax jarjaran.
- ✓ Ma raadineysaa wax dhaqso ah sida saxanka gaar ah? Sameyo ansalaatada miraha. Ku walaaq qaado buuxdo oo juuska oranjiga qabooban oo dhadhan dheeraad ah.
- ✓ Miraha kuleelaha ee bislaanayo dhammaantood isku waqtiga? Sameyo mushakal, ama jeex oo kari biyo yar oo u adeeg sida dulsaarida canjeerooyinka, ama sameyo jaam! Ka raadi habka diyaarinta cuntooinka jaamka sahlan shabakada aad jeceshahay ee habka cunto diyaarinta.

SIDEE AYAAN U KEYDIYAA MIRAHEYGA IYO QUDAARTA?

- Ku keydi inta badan qudaarta farantijeerka! Ku rid cuntooinka cusub sida caleenta cagaarka iyo miraha beeriga hoosta farantijeerka iyaga oo aan la dhaqin. Ku dhaq dhammaan cuntooinka biyo socda isticmaalka ka hor. Cagaarada sidoo kale waxaa lagu dhaqi karaa sinkiga biyaha qabow oo dhowr jeer la badelayo.
- Ku haay qudaaraha sida basasha iyo baradhada meel qabow, armaajo mugdi ah ama daboolan. Ma ahan farantijeerka!
- Ku haay yaanyada iyo miraha aan bislaan heerkul dhexaad ah, caadi ahaan maqalka ama miiska.
- Wixii muddada dheer, tixgeli inaad barafeysid ama gasaceysid cuntooinka. Si aad wax badan uga baratid, raadi: Tallaabooin Xiliyedka loogu talagalay Keydka Cuntada.